

# Orange Rice Pilaf - USDA Recipe B210

Meal Components: Vegetable - Red / Orange, Grains

B21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	8 oz	1 1/2 cups	1 lb	3 cups	1. Place onions, peppers, and garlic in a food processor. Blend ingredients until minced.
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups	
Garlic, minced	4 oz	1/4 cup	8 oz	1/2 cup	
Canola oil		2 Tbsp		1/4 cup	2. Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.
Salt		1 Tbsp		2 Tbsp	3. Add salt, pepper, garlic, and turmeric. Continue cooking one additional minute stirring constantly.
Ground black or white pepper		1 tsp		2 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Turmeric		1 Tbsp		2 Tbsp	4. Add chicken broth, tomato paste, orange juice, peas and carrots, and bay leaves to onion mixture. Bring to a boil. Reduce heat to low and
Low-sodium chicken broth		1 qt 1 1/2 cups		2 qt 3 cups	

Canned no-salt-added tomato paste	2 lb	3 1/2 cups (1/4 No. 10 can)	4 lb	1 qt 3 cups (1/2 No. 10 can)	
Orange juice		1 qt 1 1/2 cups		2 qt 3 cups	
Frozen peas and carrots	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
Dried bay leaves		4 each		8 each	
Brown rice, long-grain, regular, dry, parboil	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	<p><b>5.</b> Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").</p> <p><b>6.</b> Pour 2 qt (about 4 lb) chicken broth mixture into each steam table pan. Stir. Cover pans tightly.</p> <p><b>7.</b> Bake:</p> <p><b>8.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p><b>9.</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Sliced almonds, toasted	2 oz	1/2 cup	4 oz	1 cup	<p><b>10.</b> Garnish with almonds.(optional)</p> <p><b>11.</b> Portion with No. 8 scoop (1/2 cup).</p>

Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### **Serving**

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Green bell peppers	10 oz	1 lb 4 oz

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 11 lb 4 oz	<b>50 Servings:</b> about 1 gallon 1 quart 2 1/2 cups / 2 steam table pans (12" x 20" x 4")
	<b>100 Servings:</b> about 22 lb 8 oz	<b>100 Servings:</b> about 2 gallons 3 qt 1 cup / 4 steam table pans (12" x 20" x 4")

Nutrients Per Serving					
Calories	164	Saturated Fat		Iron	1 mg
Protein	4 g	Cholesterol		Calcium	21 mg
Carbohydrate	32 g	Vitamin A	1817 IU	Sodium	175 mg
Total Fat	2 g	Vitamin C	15 mg	Dietary Fiber	4 g